

Spicy Parmesan Grits

Makes: 8 Servings

Wake up your grits by adding peppers and cheese. Corn grits can be served as a breakfast cereal or as a side dish for fish, poultry, and meat dishes.

Ingredients

4 cups white grits, cooked
2 tablespoons hot peppers, chopped (fresh or canned)
1/2 teaspoon cumin (if you like)
1/2 teaspoon black pepper
1/4 teaspoon garlic powder
1/4 teaspoon salt
1/4 cup parmesan cheese, grated
1 teaspoon margarine

Directions

1. Prepare grits according to package directions.
2. When grits are almost done cooking, mix in hot peppers, garlic powder, salt, black pepper, parmesan cheese, and margarine. If using cumin, add that too.
3. Stir well and heat for 1 minute.

Notes

Tip: For a more spicy flavor, use cayenne pepper in place of black pepper.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	190	
Total Fat	4 g	
Protein	6 g	
Carbohydrates	33 g	
Dietary Fiber	1 g	
Saturated Fat	1.5 g	
Sodium	250 mg	